Yesterday I had the pleasure to meet Phil Keoghan host of CBS's Amazing Race as he stopped in Washington, DC on his way from Los Angeles to New York. His journey across America by bike is designed to raise awareness of multiple sclerosis - a disease I feel strongly about educating people and promoting research for treatment and cures.

MS is a disease that can stop people from moving - something many of us take for granted each day. Too little is known about MS, too few treatments exist and too many people struggle to access the treatments they are prescribed. During his journey across the United States Phil has climbed many hills and faced downpours of rain, all designed to support the National Multiple Sclerosis Society.

As co-chair of the Congressional MS Caucus I have had the privilege of meeting many inspirational people like Phil Keoghan who are working on behalf of people living with MS. The awareness he and others have brought to multiple sclerosis and cycling as a healthy activity is invaluable. I am pleased of the work the MS Caucus has been able to do in just a short amount of time, but there is certainly still more to be done.

As we in Congress debate health care reform it is important to keep in mind that the current system is broken for millions of Americans, specifically over 45 million Americans without coverage, and it must be fixed now. Everyone is deserving of the right to affordable and accessible health care - something Phil has championed.

We have a lot of work ahead of us but we have great momentum. Inspirational activists like Phil Keoghan will help make sure that we do something about MS now. I congratulate Phil for undertaking this worthwhile challenge and wish him luck in his final days in his trip across the U.S..